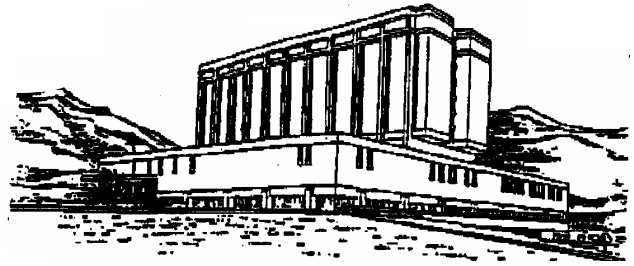


# WBAMC

## FAMILY READINESS GROUP NEWSLETTER

MARCH/APRIL, 2006  
VOLUME 2, ISSUE 8



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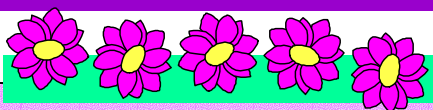
### *The Silent Ranks~ Author Unknown*

I wear no uniforms,  
no blues or army greens  
But I am in the Army  
in the ranks rarely seen  
I have no rank upon my shoulders -  
salutes I do not give  
But the military world is the place where I live  
I'm not in the chain of command,  
orders I do not get  
But my husband is the one who does,  
this I can not forget  
I'm not the one who fires the weapon,  
who puts my life on the line  
But my job is just as tough.  
I'm the one that's left behind  
My husband is a patriot,  
a brave and prideful man  
And the call to serve his country  
not all can understand  
Behind the lines I see the things  
needed to keep this country free  
My husband makes the sacrifice,  
but so do our kids and me  
I love the man I married,  
Soldiering is his life  
But I stand among the silent ranks  
known as the  
Army Wife



MAJ Roger Gelperin  
SGT Carlos Martinez  
MAJ Warren Alexander  
COL Brad Waddell  
SPC Stephen Caswell  
MAJ Troy Denunzio





## S P R I N G Calendar of Events

March 13-17	Spring Break
March 20-April 5	Operation Hop into Spring— Deployed boxes collection
March 21	Newcomers Brief
March 25	Easter Egg Hunt @ Old Fort Bliss
March 26	Bataan Death March at White Sands
April 5	Easter Egg Stuffing & Packing of the Deployed boxes in the CAR at 0930
April 8	WBAMC Easter Egg Hunt at Bradley Park
April 13	FRG Sponsored Blood Drive 1000-1400 in the CAR
April 16	Easter Holiday
April 18	Newcomers Brief
April 27	Volunteer Recognition on Ft. Bliss
May 8	FRG Meeting at 0930 in the Surgical Conference Room



The American Red Cross Armed Forces Emergency Services office at William Beaumont Army Medical Center is looking for three dynamic people to fill key leadership positions.

The following positions are available station chairman, chairman of volunteers and award/recognition chairman. No experience is needed, will train. For information please contact the office at 569-2483.

### Newcomer Services

•Newcomer Briefings: Daily at ACS—  
Call 568-1132

•Junior Enlisted Family Center—can  
provide food, diapers, and  
household goods to families in  
need.

•Project Endeavor (At ACS)—Help  
for family members seeking  
employment

•School Liaison (At ACS)—  
information & assistance with  
schools and home school programs

### Helpful hints for washing the new ACUs (Army Combat Uniform):

When washing the new ACUs (Army Combat Uniforms) be sure to use the right detergent. Bold, Cheer (liquid and powders), all powders, Surf powder (all versions) and Woolite (all versions) are recommended. They do not have the optical brighteners that fade the uniform. Stay away from liquids and powders not on the recommended list. Compare your generic brands ingredients with the recommended list.



**Fort Bliss Youth Services** has several;  
activities for youth of all ages. Dance, tutoring,  
SAT prep, Teen Council, and after school  
programs to name a few.

Please contact Gabriele Johnson (YESS,  
Director) (915)-569-7732 for more information.

### FRG Officers:

Tina Leech	Advisor	
Mary Fran LeMar	Coordinator	585-1975
Cindy Barrington	Treasurer	566-1953
Sheila Theune	Newsletter Editor	584-5613
Debbie Kembro	Secretary	822-9390
Mary Fran LeMar	FRG POC	585-1975

### Positions Available:

•Assistant Coordinator

•Hospitality

•POC's

•Newsletter Editor (August, 2006)

If interested please call Mary Fran. 585-1975

### Helpful Information:

Family Assistance Center: 568-1132

Red Cross: 569-2483 or

Emergency Messages: 1-877-272-7337

WBAMC Appointments 569-CARE (2273)



The FRG Newsletter is now online!

<http://www.wbamc.amedd.army.mil/frg/FRGMain.html>

If you would like the newsletter sent to you via  
e-mail, please contact Mary Fran LeMar at  
LEMARHO@AOL.COM

Submissions to the newsletter may be sent to  
Sheila Theune at [sheilatheune@usa.net](mailto:sheilatheune@usa.net)

Deadline: April 17, 2006

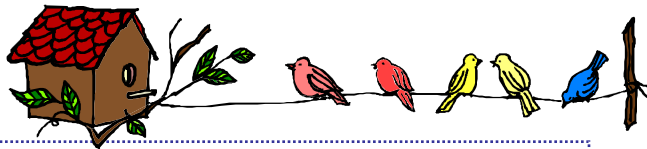
## News from the FRG

Spring is finally coming. With this season the activities begin to blossom. The next few months will be busy ones for the FRG as well. I hope you will join us to help stuff the Easter Eggs (April 5) for the annual Easter Egg hunt at Bradley Park on April 8th. Stop in and donate a unit of blood in the Blood Drive that the FRG is sponsoring on April 13. Our medical units overseas are in need. Many of our Active Duty Members are unable to give blood due to being stationed in Germany and also in Iraq. So roll up your sleeves and meet us in the CAR. At the end of March we will begin to gather supplies for another care box to send to our deployed soldiers. They really need to hear from us and know they are not forgotten. Letters from Home are also a great reminder that we are here waiting for their return. So take the time and write a note to them. Our deployed families would also love a pick me up call.

You can see there are many ways in which you can participate in your FRG. We still have many positions that need volunteers. New ideas are greatly appreciated. Do you know of someone who would love to speak at our night meeting to us? Do you have a new activity that would be fun for us all to participate in? Let us know. You are the FRG.

Lastly, Bloom where you are planted! The results can be very satisfying.

Mary Fran LeMar  
FRG Coordinator  
585-1975 [Lemarho@aol.com](mailto:Lemarho@aol.com)



## DEPLOYMENT & REDEPLOYMENT INFORMATION

### 3 Free Hours of Childcare for Deployed Families

- Contact the Childcare Center at 568-4374 for more information.
- Registration at the Childcare Center is required.
- A copy of the deployed spouse's orders is required.

### Help for Children Dealing with a Deployed Parent

A new book entitled, *Deployment Journal for Kids* by Rachel Robertson, gives children a special place to record feelings and events during a loved one's military deployment. The companion website <http://www.deploymentkids.com> offers time zone and distance calculators, games, and tips for getting through the deployment.

### Communications Tips

Best calling cards: AT&T and AAFES (may be purchased at PX or online at <https://thor.aafes.com/scs/default.aspx>)

- Iraqi internet based phones from Segovia/Spawar (<http://www.oif.spawareurope.net>). These accounts must be used at special phones available at many FOBs.

### Tips for Surviving a Deployment

- Get plenty of rest
- Exercise
- Use whatever type of communication (e-mail, letters, tapes, etc.) that is available to your soldier
- Learn a new skill
- Get to know your neighbors
- Go out occasionally with your friends
- Get a sitter or child swap with a friend and go shopping
- Stick to your child's routine
- Break up the week with a special activity
- Don't watch the news all the time
- Go to your FRG meeting
- Volunteer

### Homecoming Coping Strategies

- Don't play who had it worst
- Stay flexible
- Avoid Criticism
- Anticipate fatigue
- Focus on the positive
- Go slowly
- Watch finances
- Expect Chance
- Plan family togetherness



### Helpful Hints for Redeployment

- Accept things will be different
- Talk about your experiences
- Go slowly—don't try to make up for lost time
- Spend quality time with your children
- Reassure your children—change often frightens them
- Cure your desire to take control or spend money
- Accept that your partner may be different
- Intimate relationships may be awkward at first
- Take time to get reacquainted
- Forget your fantasies—reality may be different
- Take time to readjust
- Communicate with your partner and your family

## Financial This and That:



Here is a link to a story from Army Times concerning a new website for financial assistance for military families.

<http://www.armytimes.com/story.php?f=1-292925-1539123.php>

**A reminder that Turbo Tax is now available free online at [www.militaryonesource.com](http://www.militaryonesource.com) This is just one of the many resources available to you and your family members free.**

**Information regarding Combat Zone IRS Filing Extensions**

1. The IRS has provided for an automatic extension of time for service members or others in support of the Armed Forces in a combat zone, area "in direct support of" a combat zone, and qualified hazardous duty area such as Iraq, Kuwait, Afghanistan, and Saudi Arabia.
2. The most common actions that are automatically extended are:
  - a. Filing an income tax return: Automatically extended 180 days from the last day in the qualified zone plus the period of time in the zone between 1 January and 15 April.
  - b. Payment of any income tax: Assessment and collection deadlines will be automatically extended and interest and penalties attributable to the extension period will not be charged.
3. The extensions apply not only to those serving in the combat zone but in most cases also apply to their spouse, whether joint or separate returns are filed.
4. The extension is automatic, but if the IRS sends a notice of collection or examination it should be returned to the IRS with the words "COMBAT ZONE" and the deployment date in red at the top of the notice and with the words "COMBAT ZONE" on the envelope so the IRS can suspend the action.
5. Answers to commonly asked questions on this issue are available at [www.irs.gov](http://www.irs.gov), or in the Armed Forces Tax Guide also found on the IRS website.

**TAX Center:** Fort Bliss Tax Center, located at building 50, is set to open this February 1st at 0700. Our service is free and fast with e-file returns taking as little as eight days to deposit. Our office hours on Monday, Wednesday, and Thursday are from 0700 to 1800. We stay open till 1900 on Tuesday and close at 1500 on Friday.

For your convenience, we are open three Saturdays this season. On February 4th and 11th, the Tax Center will be open from 0900 to 1500. On April 15, the tax center will be open 0800 to 1700. If you would like more information contact the Officer in Charge, CPT Gerard Kenna, at 568-7141

## Health News!



### SELF CARE PROGRAM

Available at the Soldier Family Medical Center (SFMC) Monday through Fridays from 0800-1600. The Program consists of a 25 minute videotape followed by a brief explanation of the "Taking Care of Yourself" book or the "Soldier Health Maintenance Manual". Following this a sticker is placed on your I.D. card that is to be shown at the SFMC Pharmacy or the 3rd floor Outpatient Pharmacy at WBAMC. You will then receive a sheet listing 27 different over the counter medications that you receive free of charge as a participant of the program. The Self Care Program is also taught in a variety of different settings as well as for FRG groups and specific units requesting the class be taught to their units.

Any questions, please call Bruce Gramlich at 569-2759 or the Wellness Center at 568-1869.

### Mental Health Self-Assessment (MHSA) Program

Recognizing a significant need to make health screening available for family members, DoD recently launched the Mental Health Self-Assessment (MHSA) Program. The purpose of MHSA is to offer opportunities for anonymous, self-directed mental health and alcohol screening to service members or their families.

[www.militarymentalhealth.org/welcome.asp](http://www.militarymentalhealth.org/welcome.asp)

**Tele-Nurse** hours of operation are 0700 - 2300, seven days a week including training and federal holidays, increasing access to professional medical advice.  
Call: 569-4444

# Upcoming Events



## WHITE SANDS BATAAN MEMORIAL DEATH MARCH

Mark your calendar! The annual Bataan Memorial Death March will be held on March 26, 2006!

To Register, visit:

[http://www.active.com/event\\_detail.cfm?event\\_id=1273906](http://www.active.com/event_detail.cfm?event_id=1273906) or go to <http://www.bataanmarch.com>.

This year, participants entering the Bataan Memorial Death March may choose between TWO routes - 26.2 miles or 15 miles. The different routes are clearly marked with colors/signs directing marchers.

## Operation Hop Into Spring

Beginning March 20<sup>th</sup>, the FRG will be collecting donations for our spring boxes that will be to our deployed soldiers. Large marked boxes will be placed on the 1<sup>st</sup> floor of the hospital near the elevators and by the Red Cross (4<sup>th</sup> floor, Bradley building). Please, no large items since we will be using small, shoe-sized boxes to send our best wishes overseas. Go to [www.wbamc.army.amedd.mil](http://www.wbamc.army.amedd.mil) for some fun suggestions. Donations will be accepted through April 4<sup>th</sup>. Come help pack the boxes April 5<sup>th</sup> at 0930 in the Clinical Assembly Room (CAR)—located on the 1<sup>st</sup> floor of the hospital near the First Light Credit Union.



## FRG Easter Egg Hunt

Open to all ages!

April 8<sup>th</sup> @ 0900

Bradley Park (Just inside the Fred Wilson Gate—follow signs)

Volunteers are needed to help stuff the Easter eggs for the FRG Easter Egg Hunt. Meet April 5<sup>th</sup> at 0930 in the CAR. Donations of candy can be dropped off in the command suite.

## AFTB Classes

For more information call 568-AFTB

### Level 1

April 4-6 1800-2100

### Level 2

April 18-20 1800-2100

April 24-25 1800-2100

### Level 3

March 28-30 0900-1430

### Instructor Training

May 22-25 0800-2100







## Next FRG Blood Drive

**April 13, 2006  
1000-1400—In the CAR**

Our goal is 50 participants!! (10 from each company, 10 family members, and 10 WBAMC employees.) Hope to see you there!

<http://www.militaryblood.dod.mil>

**We have an urgent need for donors!!**

**All units received go to the aid of patients at WBAMC or to our troops in Iraq and Afghanistan.**

**COL Leech has approved a 3-day pass to each active duty soldier who donates!**

## January Blood Drive Results:

- **53 Signed In**
- **14 Deferrals**
- **Total of 39 units!**

# Scholarships:

## HELP FOR MILITARY SPOUSES GOING BACK TO SCHOOL:

[http://www.military.com/spuses/fs/0,,fs\\_edu\\_goingback\\_00.html?ESRC=family.nl](http://www.military.com/spuses/fs/0,,fs_edu_goingback_00.html?ESRC=family.nl)

## SCHOLARSHIPS FOR MILITARY CHILDREN PROGRAM

•Created to recognize the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community.

•If the mother of father is active duty, reserve/guard, or retired military personnel or the child is the survivor of a deceased member and they have a military dependent I.D. Card then they can apply!

•Applicant must be planning to attend a college or university on a full-time bases.

•[www.militaryscholar.org](http://www.militaryscholar.org)

•<http://edu.military.com/education/scholarship/ScholarshipSearch.jsp?ESRC=army-a.nl>

## WBAMC DEPLOYED SOLDIERS' MAILING ADDRESSES

### New Deployed Websites:

#### •14<sup>th</sup> CSH:

[www.infantry.army.mil/14thcsh](http://www.infantry.army.mil/14thcsh)

#### •212 CSC:

[www.86csh.armyfrg.org](http://www.86csh.armyfrg.org) (go to the 212 CSC section)

#### 85<sup>th</sup> CSC

Rank, Name  
85<sup>th</sup> Medical Detachment CSC  
APO AE 09334

#### MNF-1

Name  
MNF-1 Surgeon's Office  
Victory  
APO AE 09342

#### 14<sup>th</sup> CSH (Bagram)

Rank & Soldier's Name  
14<sup>th</sup> Combat Support Hospital  
Task Force Med  
APO AE 09354



#### 10<sup>th</sup> CSH Task Force North (Baghdad)

(Rank) 1<sup>st</sup> Name, Last Name  
10<sup>th</sup> Combat Support Hospital  
APO AE 09348

#### 10<sup>th</sup> CSH Task Force South

(Rank) 1<sup>st</sup> Name, Last Name  
10<sup>th</sup> Combat Support Hospital  
APO AE 09331

#### 47<sup>th</sup> CSH

Rank, Soldier's Name  
47<sup>th</sup> Combat Support Hospital  
FOB Speicher  
APO AE 09393

#### 14<sup>th</sup> CSH (Kandahar)

Rank & soldier's Name  
14<sup>th</sup> Combat Support Hospital  
APO AE 09355

#### 704<sup>th</sup> SB/4ID

Rank & Soldier's Name  
C 704 SB 4ID  
Unit # 42502  
APO AE 09361-2502

#### 1-61<sup>st</sup> CAV

Rank & Soldier's Name  
HHC, 4<sup>th</sup> BTC  
Unit #41505  
APO AE 09390-1505

#### 1-6<sup>th</sup> INF/1AD

Rank & Soldier's Name  
HHC1/6INF  
APO AE 09330

#### 14<sup>th</sup> CSH (Salerno)

Rank & Soldier's Name  
14<sup>th</sup> Combat Support Hospital  
APO AE 09314

#### 2/8 INF/4 ID

Rank, Soldier's Name  
Medic Station  
HHC, 2-8 INF BN, 4ID  
Unit: NC 24  
APO AE 09312

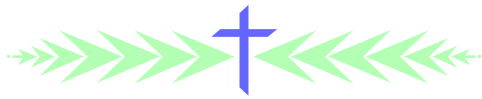
#### 1-22INF/4<sup>th</sup> ID

Rank, Soldier's Name  
HHC, 1-22 Infantry, Medics  
Unit # 42506  
APO AE 09361-2506

#### 981<sup>st</sup> Med Det

Rank, Soldier's Name  
981<sup>st</sup> Preventive Medicine Detachment  
Camp Buehring, Kuwait  
APO AE 09330

## WBAMC Prayer/Bible Study groups:



### **Thursday Bible Study**

The Department of Ministry and Pastoral Care invites you to join a Bible study held every Thursday, 1200-1300, in the Chaplain Conference Room (Rm. 1146 on first floor).

Study begins 9 February 2006

The topic of study will be the book:

**The Threshing Floor**  
by Juanita Bynum

**Please come join us!**

For more information,  
contact Sherline Bailey, 564-7899

### **WBAMC Chapel Services**

Weekly M-F 1205 Catholic Mass  
1st Saturday of the Month Catholic Mass 1205  
Weekend Catholic Mass Saturday 1700 Only  
Sunday Catholic Mass 0835 and again at 1135  
Sunday Protestant Service 1000



## **B I B L E   S T U D Y**

The Department of Ministry and Pastoral Care invites you to join a Bible Study held every Tuesday, 1200-1300, in the Logistic Conference Room (Rm 4L2, Bradley Building).



A new study, "How to Hear from God" by Joyce Meyer will begin 24 January 2006.

**COME JOIN US!**

For more information please call Betty Crump,  
759-1909 or Doris Natali, **569-2826**



### **PWOC:**

### **Protestant Women of the Chapel**

(Ft. Bliss Ladies Christian Fellowship)

- When: Wednesdays 0930-1200 & Evening Bible Study 1830-2030
- Where: Religious Activities Center (Pershing & Merit), but meet at the Chapel (next to the RAC) first for Praise & Worship
- Free Childcare available at both meeting times with "home school" rooms available in the morning
- Everyone Welcome!! Join us for Praise & Worship, Fellowship & Food, Bible Study & Prayer.
- For more information contact Rebecca @564-0860 or Cindy @562-8982

## **Promotion Points**

Did you know that Army Community Service (ACS) offers promotion points to E6 and below. Approved on 29 July 2002 by the Total Army Personnel Command, this program is now available through the U.S. Army Community and Family Support Center's (USACFSC).

Wondering how it works? It's simple, attend \*40 hours of ACS courses and earn 4 points. The points may not seem to be a lot, but when you're at 388 and need 391, it can make a difference. For every 10 hours of courses you take, you earn 1 point, with a maximum of 4 points. For courses to count towards your points, you must receive a DA Form 87 from the instructor.

Courses include:

- Financial Readiness Program
- Operation READY (Resources for Education About Deployment & You)
- Employment Readiness Program
- New Parent Support Program



Participating in courses offered by ACS will not only increase your knowledge base, but will also enhance your career! Not to mention, you'll move to your next rank a little faster and increase the productivity of your personal and financial life. The knowledge gained today will determine the quality of life you attain tomorrow.

For more information on course dates and times, or for more details on how the program works, stop by the ACS on Ft

Bliss 568-1132.

## FEBRUARY AWARDS

### LOM

COL STEPHEN HETZ RET

### GPRMC BENEFICIARY ADVISOR OF THE YEAR

MS. VICKI OLIVER

### ARCOM'S

SFC THOMAS GOYT	PCS
SFC LUIS W. OSORIO	PCS
SGT EDWIN GRUE III	PCS
SGT JEREMY PLUMMER	PCS
SPC JEREMY REESE	ETS
SPC WILLIE YOUNG	PCS

### AAM'S

MAJ JOSEPH J. ZUBAK	ACH
CPT ROBERT G. GATES	ACH
SSG JOHN P. CASTILLO	ACH
SPC MICHAEL J. SPROSTY	ACH
SSG CRYSTAL RODRIGUEZ	PCS
SGT MELISSA WARD	ETS
SPC SAMUEL R. ARHIN	ACH
SPC JAMES R. CAMERON	PCS
SPC TAL L. NEUMANN	ETS
SPC JEREMY C. SLOCUM	PCS/ACH

### COMMANDER'S AWARD FOR CIVILIAN SERVICE

ANTONIO RUELAS  
SAMBHU BHATTACHARYYA

### PATIENT SAFETY

SPT LISEL GATES  
MS. BERNADETTE ANTONELLI  
MS. VICKI JACKSON  
MS. SHANNON JONES  
MS. SANTA PENIA

### RED CROSS VOLUNTEERS

#### AWARD FOR MERIT

ANNAMARIE SHIELDS

#### PAT ON THE BACK

ANTONIO POMALES

### HOLIDAY BALL

LTC CHRISTINE BRIDWELL	AAM
SFC TULULA BARBER	AAM
SFC MICHAEL CORNELIUS	COA
SSG KEITH MILLER	COA
SSG DANIEL MOORE	COA
SSG CHANTILLA PICHON	COA
SGT JAVIER BARAJAS	COA
SGT KENNETH CAMPBELL	COA
SGT DAVID COTTI	COA
SGT CHRISTOPHER GOODMAN	COA
SGT BENJAMIN LAW	COA
SPC ERIC TEEMER	COA
SPC JOSHUA ASH	COA
SPC CHAD CAMPBELL	COA
SPC KEVIN CASTANEDA	COA
SPC MICHAEL DUNLAP	COA
SPC MATTHEW HIRSCH	COA
PFC LISA BROOKS	COA
PFC MANUEL HERNANDEZ	COA
PFC MICHAEL LEONARD	COA
PFC CHRISTOPHER MUNIZ	COA
PFC ERIC PELKEY	COA
PFC MARK TURNER	COA
CPT STUART GODWIN	COIN
CPT LAURIE KWOLEK	COIN
CPT CHRISTY RADIO	COIN
CPT LUIS ROCHA	COIN
ILT FREYA MALLOW	COIN
ISG WENDELL NYGREN	COIN
MSG MARCIA DEBOSE	COIN
SSG PAUL CARDOVA	COIN
SSG EIMEE COTTO	COIN
SPC BEN MILLER	COIN
MR. CLARENCE DAVIS	COIN
MS. PAULA MANN	COIN
MS. LULU VELEZ	COIN

### YEARS OF SERVICE

LINDA J. BURRIS	40 YRS
SALVADOR SANCHEZ JR.	25 YRS
JAMES F. HEFNER	20 YRS
COREY M. LAIRD	20 YRS
DAVID W. MAYHUGH	20 YRS
SILVIA WEAVER	20 YRS
JUANA C. WEAVER	20 YRS

### EMPLOYEE OF THE MONTH

SHIRLEY GOFF

### CUSTOMER RELATIONS

#### EXCELLENCE CERTIFICATE

ALLERGY CLINIC

### Upcoming Federal Holidays & Training Holidays:

**Monday, May 29—**  
**Memorial Day ( Training**  
**Holiday: Friday, May**  
**26<sup>th</sup>)**

**Tuesday, July 4—**  
**Independence Day**  
**(Training Holiday:**  
**Monday, July 3<sup>rd</sup>)**

### Kudos go out to...

A big THANK YOU goes out to Cindy Barrington (FRG Treasurer) and Mr. David Apodaca for all their work on our 2005 FRG Audit. We passed with flying colors.

Thank you to Cindi Barley, Troop Command Secretary, who prepared the FRG yearly registration papers for ACS.

Kudos to CPT William Burke, Rescue-5 FDNY, New York City, who with the help of his firefighters sent FDNY t-shirts to WBAMC for the wounded OIF Soldiers. Also thank you to John Ropeleswki (Father of WBAMC LT Erin Bates) who helped with this project.

Thank you to Tina Leech and Chap Jimmy Davis for their organizational skills in presenting "Internet Awareness" at the February FRG Evening Event. We really learned a lot.



### Military Discounts Offered by Cell Phone Companies

The following companies offer a 10-20% military discount:

- Sprint (15%)
- Cingular (19%)
- T-Mobile (Variable)
- Nextel (10%)
- Verizon (15%)

Certain restrictions apply. For more information check out the Armed Force Military Discount Website:

<http://www.baseops.net/marketplace/>

### Troop Command & Other Phone Numbers:

LTC Melendez.....	569-2927
MSG Robinson .....	569-2913
TRICARE Appointments.....	680-7600
WBAMC Chaplain's Office.....	569-2235
After Duty Houser (AOD).....	569-2121
Family Readiness Group.....	569-2728
Ft. Bliss Army Community Service....	568-1132



# Informative Websites

Please visit [www.blissmwr.com](http://www.blissmwr.com) for more information on regularly scheduled activities and MWR facilities.

<http://www.estripes.osd.mil/> for the Stars and Stripes Newspaper

Army Once Source is a 24-7 information and referral service available to active duty and demobilized National Guard and Reservists, deployed civilians and their families world wide.  
[www.armyonesource.com](http://www.armyonesource.com)

The post office will mail you priority boxes, labels, & tape free of charge. [www.usps.com](http://www.usps.com) or 1800-610-8734

Learn more about military "lingo":  
[www.fas.org/news/reference/lexicon/acronym.htm](http://www.fas.org/news/reference/lexicon/acronym.htm)

For children & teens:  
<http://www.operationmilitarykids.org/>

Army Education (West Point, ROTC, OCS):  
[www.hrc.army.mil/site/active/opdistacc/ocs/cocs.htm](http://www.hrc.army.mil/site/active/opdistacc/ocs/cocs.htm)

For articles on deployment/redeployment:  
[www.myarmylifetoo.com](http://www.myarmylifetoo.com)  
[www.hooah4heath](http://www.hooah4heath)  
<http://www.ausa.org/family>

## **New Websites:**

- <http://www.militaryspousemagazine.com/>

- [www.soldiersangels.org](http://www.soldiersangels.org)

- <http://www.military.com/Military/Locator/New/Splash/?ESRC=army-a.nl>

Deployment Health and Family Readiness Library:

<http://deploymenthealthlibrary.fhp.osd.mil>

DoD Deployment Health Support: <http://deploymentlink.osd.mil>

NEW Spouse job search site: [www.militaryspousejobsearch.org](http://www.militaryspousejobsearch.org)

Military Spouse & Redeployment Info:

[www.military.com](http://www.military.com)

[www.Military.com/spouse](http://www.Military.com/spouse) Connects military spouses with educational options, scholarships, training programs, career planning tips and employment opportunities.

## **New Profis Website:**

10<sup>th</sup> CSH:

<http://www.carson.army.mil/10%20CSH/CSHweb/>

Information on helping children cope with deployment and separations:

[www.zerotothree.org](http://www.zerotothree.org)

A Redeployment Guide for Parents: [www.ausa.org](http://www.ausa.org) (click on "Booklet Helps Parents Understand the Army").

<http://www.militaryonesource.com> has a link to an article about a free copy of Turbo Tax provided to the military by DoD

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## **WBAMC-Family Readiness Group**

**5005 N. Piedras**

**El Paso, TX 79920**